

Follow Christ by loving as he loved you, giving himself up for us as an offering
Husbands should love their wives, just as Christ loved the Church and sacrificed himself for her to make her holy by washing her in cleansing water with a form of words, so that when he took the Church to himself she would be glorious, with no speck or wrinkle or anything like that, but holy and faultless. In the same way, husbands must love their wives as they love their own bodies; for a man to love his wife is for him to love himself. A man never hates his own body, but he feeds it and looks after it; and that is the way Christ treats the Church, because we are parts of his Body. This is why a man leaves his father and mother and becomes attached to his wife, and the two become one flesh. This mystery has great significance, but I am applying it to Christ and the Church.

This is the Word of the Lord